

PERSONAL HYGIENE AND PHYSICAL AND MENTAL FITNESS OVERVIEW



3D Marines

KEEP PHYSICALLY FIT

- Physically fit, well-trained, and well-led service members can succeed under the harshest circumstances.
- Physically fit service members are less likely to get sick or injured.
- Use caution when exercising in extremely hot or cold weather; heat/cold injuries can occur.
- Actively participating in physical fitness training assists you in becoming acclimatized to the field environment.



PREVENT SKIN INFECTIONS

Bath frequently; if showers or baths are not available, use a washcloth daily to wash.

- Your genital area.
- Your armpits.
- Your feet.
- Other areas where you sweat or that become wet, such as between thighs, and between buttocks.



Keep skin dry

- Use foot powder on your feet, especially if you have had fungal infections on your feet in the past.
- Use talcum powder in areas where wetness is a problem (such as between the thighs and buttocks).
- Wear proper clothing.
- Wear loose fitting uniforms; they allow for better ventilation. Tight fitting uniforms reduce blood circulation and ventilation.
- Do not wear nylon or silk-type undergarments in hot or humid environments.



PREPARE FOR THE FIELD

- All service members need to bring toilet articles such as soap, shampoo, washcloths, towels, toothbrush, dental floss and fluoride toothpaste, and talcum powder and foot powder, with them. (Do not share these items to prevent the spreading of infections.)
- Males need a razor and blades. An electric razor can also suffice.
(Remember, during a deployment, you may not be able to easily obtain these items if you run out; bring at least a 2-month supply.)



PREVENT DENTAL DISEASE

- Tooth decay and gum infections can cause severe illness if not prevented or treated early.
- Brush teeth and gums after meals, or at least once a day. Use fluoride toothpaste. If toothpaste is not available, brush without it.
- Use dental floss at least once a day.
- Rinse your mouth with potable water after brushing and flossing; also, rinse frequently during the day when drinking water. Remember, consuming sugary food and drink requires more frequent cleaning of teeth and gums.



PREVENT GENITAL AND URINARY TRACT INFECTIONS

- Wash the head of your penis when washing your genitals. If uncircumcised, pull the foreskin back before washing.
- Protect yourself from sexually transmitted diseases (STD). Avoid sexual contact or use a condom; condoms reduce the chance of STD transmission.



SLEEP WHEN YOU CAN

- Follow your leaders instructions and share tasks with buddies so everyone gets some time to sleep safely.
- Sleep whenever possible.
- Take catnaps as the mission allows, but expect to need a few minutes to fully wake up.
- Sleep as much as you can before going on a mission that may prevent sleep.
- Learn and practice techniques to relax yourself quickly.

(NOTE: Only sleep in safe and/or designated

areas. Never sleep in parked vehicles while the motor is running)

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MEASURES AGAINST THE EFFECTS OF SLEEP LOSS

Protect against the temporary effects of sleep loss on alertness, mood, and task performance.

- Take short stretch breaks or get light exercise in place.
- Do not trust your memory; write things down. Get into the habit of writing things down that you must remember (except crucial details that might compromise the mission if they were lost or captured).
- Double-check your communications and calculations.
- Watch out for your mind playing tricks (seeing things that are not there) when very tired; check strange observations before acting.



IMPROVE RESISTANCE TO STRESS

- Fear and physical signs or symptoms of stress are normal reactions before and during combat or other dangerous/life-threatening situations. You should not let fear or stress keep you from doing your job.
- Talk about what is happening with your buddies, especially during after-action debriefings.
- Learn ways to relax quickly.
- Integrate new replacements into your group and get to know them quickly.
- If you must join a new group, be active in establishing friendships.



Questions?



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